

WIC Eligibility

What is WIC?

WIC is a nutrition program that helps pregnant women, new mothers, infants and children eat well and stay healthy.

Who's eligible?

- Pregnant women
- New moms (up to six months after delivery)
- Breastfeeding moms (up to one year after delivery)
- Infants (babies under the age of one)
- Children under the age of five

You must live in Indiana and meet income guidelines.

The guidelines are on the back side of this brochure or at <http://www.in.gov/isdh/19695.htm>. When you apply, you will receive a personalized nutrition assessment to see if the program is right for you.

What does WIC provide?

- Healthy foods designed to meet special nutrition needs
- Nutrition and health screening and assessment
- Nutrition education and counseling
- Breastfeeding support
- Referrals to other Indiana health, family, and social services

How does WIC work?

Contact the WIC clinic in your community for a free visit to be enrolled and pick up checks. Clinic information may be found at <http://www.in.gov/isdh/20424.htm>. At your first appointment, you will receive all of the services WIC provides to support you in helping your family.

WIC checks may be used at local grocery stores to purchase baby formula, milk, cereal, juice, eggs, peanut butter, beans, whole wheat bread, brown rice, corn tortillas, fresh and frozen fruits and vegetables, and baby food.

Why should I breastfeed my baby?

- Breast milk provides superior nutrition for baby growth and development.
- Breast milk lowers your baby's risk of obesity, asthma, and sudden infant death syndrome (SIDS).
- Moms are at a lower risk for breast and ovarian cancer.
- Breastfeeding saves money.
- Moms receive more nutritious foods from WIC.
- Moms receive mom-to-mom support from Peer Counselors.



INDIANA WIC

Income eligibility

Families already receiving Medicaid, Food Stamps, and TANF are income eligible for the WIC program.

Household* size	Annual income, up to \$ (total before deductions)	Monthly income, up to \$ (total before deductions)	Weekly income, up to \$ (total before deductions)
1	\$21,257	\$1,772	\$409
2	\$28,694	\$2,392	\$552
3	\$36,131	\$3,011	\$695
4	\$43,568	\$3,631	\$838
5	\$51,005	\$4,251	\$981
6	\$58,442	\$4,871	\$1,124
7	\$65,879	\$5,490	\$1,267
8	\$73,316	\$6,110	\$1,410

If you are pregnant, count yourself as two (2).

For households with more than 8 members, add \$7,437 for each additional member.

*Household means a group of people (related or not) who are living as one economic unit.

QUESTIONS?

For more information or to find a clinic near you, call **800-522-0874** or visit our website at **WIC.in.gov**.

Text **INWIC** to **80464** or scan the QR code below for more information.



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